

Welcome to our latest Deep End newsletter. Please share with all members of your practice team, we are keen to reach everyone working in Deep End practices.

And don't forget we have the latest **Lunch and Learn** online session next **Wednesday 15<sup>th</sup> May 1pm to 2pm**. This is on **Trauma-Informed Care** with expert GP Dr Jonathon Tomlinson. It will be useful for all practice staff, including receptionists, in learning more about how trauma, especially in childhood, affects so many of our patients. And how we can make our surgeries more sensitive to their needs. The Teams link has been sent as an invitation to all Deep End practices contacts, with an email reminder sent on May 2nd. If you have not got it, please email [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)



## Deep End Wales Newsletter May 2024

### Deep End is here to stay.

We have demonstrated clearly that there is an appetite for Deep End in Wales. Practices see value in becoming part of Deep End: we are so much stronger together! The first 18-month phase of Deep End was funded by Welsh Government, which was a great endorsement and encouragement. It allowed the employment of a project manager and to reimburse the time of participants who attended events and/or did work for Deep End.

We are delighted to have made contact with 93% of Deep End practices. Our steering group comprises 16 members who continue to give their time and support freely, for which we are extremely grateful. The initial phase is now over, and the baton has passed to a new leadership team. They are doing this unpaid while we continue to negotiate productively with Welsh Government about extending their welcome funding support.

### Goodbye and Hello: New Deep End Leadership

Farewell to our clinical leads Professor Peter Saul and Dr Mair Hopkin. Peter and Mair were the inspiration behind Deep End Wales and worked tirelessly to bring the project to life. We are grateful for all their hard work and support over the last eighteen months.

Our new Deep End Co-Chairs are Dr Jonny Currie and Dr Neil James. Mrs Joanna Watts-Jane is our Deputy Chair.

#### Dr Jonny Currie

Jonny is a GP partner and clinical lead in Ringland Medical Practice, a GP practice serving a deindustrialised area in the east of Newport close to the old Llanwern steelworks. He is an Honorary Clinical Lecturer at Cardiff University and is also a qualified Public Health Consultant. He is passionate about the use of data, community participation and advocacy to tackle health inequalities.





### **Joanna Watts-Jane**

Joanna is the Practice Manager for The Rugby Surgery in Newport. This is an inner-city practice with a transient population, homelessness, refugees, language barriers, raised expectations and cultural differences. Joanna states that everyone has needs and that your postcode should not dictate your health, which is something she aims to redress to redress.



### **Dr Neil James**

Dr Neil James is a full time general practitioner working in Meddygfa Cwm Rhymni in the Gwent Valleys. The practice has 18,000 patients in an area of extreme social deprivation. Over the past 20 years he and his GP colleagues have established a practice from a state of vacancy to a new collaborative partnership. The practice has continued to develop by merging with other smaller practices locally in the Rhymney Valley and building sustainability and quality along the way. He is originally from Caerphilly but has worked as a general practitioner overseas and in different parts of the UK. He lives in Brecon with his family.

## **What have we been up to?**

### **Round Table Events**

We have held five successful round table meetings:

- November 2022 in Abergavenny
- March 2023 in Cardiff
- July 2023 in Swansea
- September 2023 in Cardiff
- February 2024 in Cardiff

The February event was well attended and generated a lot of innovative ideas. The focus was on meeting non-medical need. Nicola Evans, from Welsh Government gave an overview of the new [Social Prescribing Framework for Wales](#) and Professor Carolyn Wallace presented her research findings on [social prescribing in Wales](#),

### **Health Inequalities Study Day**

Deep End hosted a one-day event in March about Health Inequalities. It was well attended, especially by GP registrars with a keen interest in working in health inclusion and more deprived communities. Its great to know that there are young GPs who are very willing to be recruited by Deep End. We covered trauma-informed Care, how to get involved in research, Safe Surgeries Toolkit and population health approaches. The keynote address was by the amazing Laura Nielson from Manchester Deep End on “Health Inequalities and General Practice”. You can see an earlier webinar we did with Laura [here](#). Very much worth a look for inspiration! And excellent for GP Registrars. You can also see a webinar on population health approaches from Public Health colleagues from Cwm Taf [here](#)

### **Childhood vaccination challenges in Deep End practices**

Bellevue Group Practice in Newport raised the issue that they were struggling to hit the 90% target for childhood immunisations at ages 2 and 5, in spite of huge efforts. As the rules were changed in June 2022 meaning persistent refusers cannot be removed from the payment targets, this has potentially lost them £36,000. We contacted Public Health Wales for help and advice. The Director of the Vaccine Preventable Diseases program in PHW and colleagues are keen to work with the practice

as a "case study" to do a deep dive into why and to try out interventions that might be generalisable. We can learn from this to share across all Deep End and more widely and ultimately publish a Deep End research paper.

## **Lunch and Learn on Teams**

We have held a series of one hour lunchtime interactive webinars over the last few months. Some of the sessions are now available to view on our Deep End webpage:

[Population Health Approaches](#) with public health colleagues who are working very closely with some practices in Cwm Taf. There is a [slide set](#).

[Health Inequalities and General Practice](#) with Laura Neilson from Deep End Manchester

The next one is on **Wednesday May 15<sup>th</sup> at 1pm to 2pm, about trauma-informed care** with Dr Jonathan Tomlinson from East London, who explains why understanding how traumatic experiences, especially in childhood, can result in so many physical and mental health problems. This has a big impact on General Practice, and much more so in Deep End practices. The Teams link has been sent as an invitation to all Deep End practices contacts, with an email reminder sent on May 2<sup>nd</sup>. If you have not got it, please email [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)

### **Action Points:**

- **Do you have a specialist interest you would like to present on?**
- **Is there any topic or any motivational speaker you would like to hear from?**
- **Please let me know if you'd like to book a place. [DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)**

## **Advocating for the Deep End Wales practices**

### **Politicians**

Nicholas Webb, Policy and Public Affairs Manager, RCGP has outlined the key components of the Deep End Wales project and has disseminated this information to Members of the Senedd. This resulted in several prompt responses from Assembly Members, and the leader of the Conservatives, Russell T Davies, tabling a question for the Health Minister in the Senedd about her support for Deep End practices.

In September 2023, the team met with Beth Winter, Labour MP for Cynon Valley. Beth was keen to gain more information about the project and is dedicated to resolving health inequalities within the valleys. Beth will be liaising with Cwm Taf Morgannwg Health Board and will be highlighting Deep End Wales. The team also met Russell George, Senedd Constituency Member, Welsh Conservative Party. Russell is keen to improve health equities within rural areas, which have their own specific issues. The project team had a successful meeting with Mabon Ap Gwynfor, Senedd Constituency Member, Plaid Cymru in November 2023. Making health equality a goal in Government is one of Plaid's policies and Mabon is keen to support the project.

### **NHS**

They also had a meeting with Dorothy Edwards, Programme Director for Primary Care, Health Education and Improvement Wales (HEIW) regarding the consultation strategic workforce plan for primary care. Mair is working on increasing training activities in Deep End practices, with a proposal accepted by HEIW to designate several GP Training places across 5 Training Programs with a focus on deprivation and health inclusion groups.

The project team met with Paul Casey, Deputy Director Primary and Community Care, Welsh Government in November to share progress before submitting the business plan to them for consideration. We had released a press statement with our concerns at the disproportionate impact on Deep End practices of the failed contract negotiations.

## Academic support

### Academic home

We are fortunate to have a formal home with the Cardiff University Division of Population Medicine, with Dr Harry Ahmed as our academic lead. We have had early conversations with General Practice researchers about how Deep End practices can become more research active, both increasing participation by Deep End patients and answering those questions that Deep End practitioners need.

### First Research Study

We partnered with Cardiff University to carry out a qualitative study of the perceptions of professionals working in Deep End Practices in Wales. Dr Louise Thompson, Academic Clinical Fellow, led on this with supervision from Professor Fiona Wood. Louise completed 17 interviews with practice staff across Wales to gain an understanding of their work in serving deprived communities.

The study will be published in a peer-reviewed journal and available for policy makers in Wales.

Thank you to all of you who participated and were interviewed by Louise.

### Research network.

There is now a new UK-wide network for Deep End researchers, some of whom have been going for many years. They are addressing the mismatch between the practitioner and research communities. Many of the questions that we have in Deep End are not a priority for researchers and many current research studies struggle to engage with Deep End participants, patients and health workers. There is a great potential to learn from successful research partnerships.

### Join a community of innovators: applications now open to become a Bevan Exemplar!

The [Bevan Exemplar Programme](#) supports health and care professionals to translate great ideas for health and care into practice. This 12-month programme provides training and mentorship to inform thinking and develop skills to transform health and care services from within, having positive impacts on patient care, lived experiences, health outcomes and on service efficiency.

This year's Bevan Exemplar Programme is titled Achieving Change Together and challenges applicants to develop innovative solutions to overcome issues currently facing the delivery of health and care services in Wales. Deadline for applications is 14<sup>th</sup> July. [More info here](#) and online briefings. Deep End would love to support people from Deep End practices who have an idea that they want try out and spread!

## Looking to the future

The Deep End approach has been shown to be effective in multiple locations in the UK and internationally since the first programme started in Scotland in 2009. The spread of the model comes from the conviction that mutual support and shared learning contributes to the morale, effectiveness and eventually the sustainability of practices that are at highest risk of drowning.

At the most recent round table ambitions for the network were outlined. These included: having a funded Deep End core group; facilitating opportunities for learners including trainees in Deep End practices; aiming for fairer targets in Deep End practices; holding Health Inequities study days; working to develop complex needs workers deepening links to academia; developing research with more Academic Clinical Fellows (ACFs); gaining more recognition, protected groups; and better access to mental health for clinicians.

The Deep End Wales vision is for NHS general practice to be at its best where it is needed most.

**If you have any queries contact**

**[DeepEndWales@rcgp.org.uk](mailto:DeepEndWales@rcgp.org.uk)**